

It's flu shot time! For full-time Commonwealth of Kentucky employees working in the L&N building, we would be happy to provide a convenient way to receive your 2018-2019 influenza vaccine to prevent against the flu virus and its complications this season. Please walk in during our dedicated walk-in flu shot clinic in the LivingWell Health Clinic on the 8th Floor of the L&N building during the following times:

Thursday, Oct 18 from 9am to 12pm.

Or, you may schedule a free flu shot at your convenience through our patient portal at www.mypremisehealth.com as flu vaccine supplies last. Please call (502) 779-6015 with any questions.



Flu Vaccine Information for 2018-2019

The fall season is officially here. As cold weather arrives, so will the cold and flu season. Doing everything possible to remain healthy is wise, and, for most folks, that includes getting a flu shot. The following information is provided regarding influenza vaccination for the 2018-2019 flu season.

- Routine annual influenza vaccination is recommended for all persons ≥ 6 months of age who do not have contraindications.
- Vaccination optimally should occur before onset of influenza activity in the community and, in the northern hemisphere, vaccination is recommended no later than the end of October, if possible. The production of antibodies in response to the vaccine requires about two weeks. Receiving the flu vaccine too early should be avoided. The immunity resulting from the flu vaccine may wane after six months, and receiving the vaccine too early may result in decreased immunity toward the end of the flu season, especially when the incidence of influenza peaks late in the season.
- Getting a flu shot is especially important for the following persons:
 - Children under 5 years old, especially children under 2 years old
 - Adults 65 years of age and older
 - Pregnant women
 - All international travelers
 - Persons with chronic illnesses, such as:
 - Asthma
 - Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
 - Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
 - Neurological and neurodevelopmental conditions [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury].
 - Blood disorders (such as sickle cell disease)
 - Endocrine disorders (such as diabetes mellitus)
 - Kidney disorders
 - Liver disorders
 - Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)

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Two types of influenza vaccine are available:

- Trivalent influenza vaccine (TIV) is designed to protect against 2 influenza A virus types and 1 influenza B virus type
- Quadrivalent influenza vaccine (QIV) is designed to protect against 2 influenza A virus types, and 2 influenza B types
 - Addition of the second influenza B virus type helps to protect against the additional B type virus if it is present in the community or foreign destinations

Although the quadrivalent vaccine may provide increased protection against influenza, the Centers for Disease Control and Prevention (CDC) and its Advisory Committee on Immunization Practices (ACIP) does not preferentially recommend either the trivalent or quadrivalent vaccine.

Vaccine manufacturers have greatly decreased the manufacturing of the trivalent forms of flu vaccines. Therefore, most influenza vaccine presentations available at Premise Health facilities this season are of the quadrivalent variety. Because the cost of the quadrivalent vaccines are somewhat higher than the trivalent forms, client companies traditionally using trivalent vaccines may see some increased overall cost this season. Costs for most vaccines this year are only slightly higher with some showing no change, or even slight decreases, compared to the 2017-2018 season. Cost increases are more significant for certain vaccines, e.g., vaccines designed for persons 65+ years of age.

Please consult the L&N LivingWell Health Center, operated by Premise Health, at (502) 779-6015 with questions regarding availability of influenza vaccine and any other questions regarding the 2018-2019 influenza vaccine. You can register for our patient portal and schedule a flu shot appointment directly at www.mypremisehealth.com.

Answers to frequently asked questions regarding influenza are available on the CDC website at: <https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm>.

Thank you,

The Premise Health Flu Committee



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